## Up Island Council on Aging (508)693-2896

M	
	7

	A STATE OF STREET	Febr	uary 2016	PERSONAL PROPERTY.	THE RESERVE	
un	Mon	Tue	Wed	Thu	Fri	Sa
	1	2	3	4	5	6
		8:30 & 9:30 Strength Training	8:15 Balletics	8:30 & 9:30 Strength Training	8:15 Balletics	
	11:15 Yoga	Oli eligili Traililig	10:30 Yoga	NEW 10:30	10:30 Yoga	
		9:30 Discussion		Men's Fitness		
	4:00 Qi Gong	Group	1:00 Mah Jong	12:30 Lunch	1:00-3:00 Water Color	
		10:00 Writing		18	vvater Color	
		Group		1:00 Scrabble		
		NEW 10:30 Men's Fitness		1:30 Bridge		
		3:00-4:00		_		
		Dance Free		4:00 MELT 508-693-2896		
	8	9	10	11	12	13
	10:00 Gentle Pilates	8:30 & 9:30	8:15 Balletics	8:30 & 9:30	8:15 Balletics	
	40.00	Strength Training	40.00.1/	Strength Training	10.00.1/	
	10:30 Vineyard Isle	9:30 Discussion	10:30 Yoga	NEW 10:30 Men's Fitness	10:30 Yoga	
	Parkinsonians	Group	1:00 Mah Jong	WICH STRINGS	1:00-3:00	
	Support Group		•	12:30 Lunch	Water Color	
	11:15 Yoga	10:00 Writing Group		1:00 Scrabble	- /	
	11.15 10ga	NEW 10:30				
	2:00 "Planning For Aging"	Men's Fitness		1:30 Bridge		
	with Abe Seiman.	Blood Pressure				
	508-693-2896 to reserve.	Clinic	Can			
	4:00 Qi Gong	11:30-1:30	A Sec			
1	Pedi Care Clinc	3:00-4:00				
	508-693-2896 to sign up	The second secon				
1	15	16	17	18	19	20
8	10	8:30 & 9:30	8:15 Balletics	8:30 & 9:30	8:15 Balletics	
	Office Closed	Strength Training		Strength Training		
	000	9:30 Discussion	10:30 Yoga	NEW 10:30 Men's Fitness	10:30 Yoga	
		Group	1:00 Mah Jong	Wich 3 Fithess	1:00-3:00	
	noreinfut'e.			12:30 Lunch	Water Color	
	: Lutointul 9:	10:00 Writing Group	Patti Mello Legal Clinic	1:00 Scrabble		
	L DAY.	NEW 10:30	(508)477-0267	1.00 00100010		
		Men's Fitness		1:30 Bridge		
		3:00-4:00				
		Dance Free				
1	22	23	24	25	26	2
	10:00 Gentle Pilates	8:30 & 9:30 Strength Training	8:15 Balletics	8:30 & 9:30 Strength Training	8:15 Balletics	
	11:15 Yoga	on ongui i animig	10:30 Yoga	NEW 10:30	10:30 Yoga	
		9:30 Discussion	4.00 M-1-1	Men's Fitness	4.00 2.00	
	1:30 Island Stories:	Group	1:00 Mah Jong	12:30 Lunch	1:00-3:00 Water Color	
	Highlights from the Martha's	10:00 Writing	Public Health			
	Vineyard Museum	Group	Nurse	1:00 Scrabble		
	and FOO CO2 2006 to sign up	NEW 10:30 Men's Fitness	1pm-3pm	1:30 Bridge		
	4:00 Qi Gong	3:00-4:00 Dance Free		4:00 MELT 508-693-2896		
	<u> </u>					
8	29		HOPS: Space is lin		3-2896 to reserv	ve!
	10:00 Gentle Pilates	February 7 <sup>th</sup> 4:0	0-5:30: MELT for	Arthritis		
	11:15 Yoga	February 21st 4	:00-5:30: MELT f	for the Office		
	4.00 0: 0					
	4:00 Qi Gong					

## **Other Ongoing Services:**

Outreach

**Fuel Assistance** 

SNAP (formerly known as Food Stamps)

Government Surplus Food Distribution

**Notary Services** 

SHINE (insurance specialist)

File of Life

Telephone Reassurance Calls

**Durable Medical Equipment** 

Lifeline and Be Safer At Home

## **Upcoming Events:**

MV Museums Presentations! The 3<sup>rd</sup> Monday of every month. Call 508-693-2896 to reserve.

"Writing You Memoir" with Moira Silva March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> 9:00 am- 10:30am Pre-registration required. *Call 508-693-2896 to reserve*. Space Limited.

Felix Neck Presents: Animals in Winter Monday March 7<sup>th</sup> at 2:00pm.

Call 508-693-2896 to reserve.

AARP Tax Prep- Get assistance filing taxes.

March 2<sup>nd</sup> and 9th Call to 508-693-2896 to sign up.

SMILES Free Dental Clinic

Friday May 13<sup>th</sup>

Call 508-693-2896 for additional info and to sign up.